

PRACTICAL SUGGESTIONS



To wring out flannels easily from boiling water. Use a piece of half wool bed blanket, as wool can be wrung dry and cotton holds the heat, fold it the size desired, give it several twists, and, holding it by the ends, dip the middle in the water. Remove, keep twisting, exchange hands, so as to form a twist in the bottom. Every drop of water can be removed and the steam retained. Wrap in a dry flannel and apply.

T. M. M.

AN easy way to lift. Separate the feet twelve to fifteen inches, place the right foot one step in advance. Keep the back straight, the chest up. Bend at the hips if necessary, flex the knees strongly. In lifting allow all the weight to fall on the lower legs. You can lift easily and with no injury to yourself by this method.

T. M. M.

HOT sponging. Have a bucket filled with boiling water, and cover it to retain the heat. Have ready a large soft sponge, dip partly in the water and dry it on the side of the bucket. If possible, have a large handle made on the order of an electrode: if made of wood, one end can have holes to which the sponge is sewed. Sponge the surface rapidly until red, repeat if necessary. Hot sponging does not have as good an effect if the skin is hot and dry, but with a cold skin and a high temperature, it is both cooling and stimulating.

T. M. M.

A NICE method for a soap bath in bed. Have ready two bowls of water, 100° and 80°, two yards of cheese-cloth, a cake of ivory soap, three Turkish towels. Place one yard of cheese-cloth in each bowl, expose the part to be bathed, protect the bed with towels, cover the part to be bathed with the cheese-cloth wrung from the warmer water, lather your hands well with the soap and rub the part briskly. Remove the lather. Rub with the cheese-cloth from the cooler water, and dry with the towel. This method keeps the patient warm, there is friction enough to produce reaction, and the patient enjoys it.

T. M. M.

To prevent bed-sores, apply hot and cold applications to the tender spot. If the skin is broken, mentholatum is very healing.

T. M. M.

ORANGE juice is good for a typhoid patient. I have known cases where for the first week nothing else was given. T. M. M.

To cure a burn, place it in cold water, cold enough to relieve the pain, and keep it there until all pain is gone, even if it takes hours. It is a certain method of relief, though tedious. One woman, who had burned both hands, kept the more badly burned one in a pail of cold water all night, and by morning no trace of a burn remained on that hand, while the other was several days in healing. T. M. M.

A LARGE necked bottle can be used as a substitute for a urinal. T. M. M.

FLAXSEED poultices can be kept hot, if they are made very soft at first, by placing several in a colander over a kettle of boiling water, under a tightly fitting lid. Where no colander is at hand, a piece of flannel can be used instead. T. M. M.

A PRINCESS apron, made of some serviceable material such as blue chambray, sewed up the back, with large sleeves, is convenient to have to slip over the uniform when doing dirty work. T. M. M.

IN the Southern California *Practitioner* for January is an article on "Tuberculosis—Its Treatment at the Los Angeles County Hospital" by Dr. D. C. Barber, in which attention is called anew to the great burden borne by the people of that section in having to take care of poor patients sent on from the east by misguided friends, who hope the patient may be benefited by the California climate, even though he has not means of support or strength to work. The County Hospital is supposed to receive only persons who have been residents of the county a year, "but when a human being, too sick to work and having no money, applies for help at your doors, there is only one thing to do—admit him, and do the best you can to aid and comfort the unfortunate one." Nurses who have influence with such people should exert it on behalf of keeping at home patients without means, for this is a kindness to the patient as well as to the long-suffering and much imposed upon dwellers in "the land of sunshine."